



Installation, operation and maintenance manual

Note:

1. Please read the instruction carefully before using the product.
2. Keep the instruction manual for reference.

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Only the spare parts from our company are allowed to be used during the maintenance of this fitness equipment. In order to avoid unnecessary injury and loss, please do not train in the way out of the range of application of this equipment. When using, please strictly follow the following rules:

1. Please read the instructions carefully and fully understand them before using the device.
2. The equipment should be installed and used on clean, flat and firm ground, and should not be near the area with water, nor be used outdoors. This equipment is suitable for gyms, please use under the guidance of professional fitness coaches. Safe area is outside the area where at least 0.5m far away from the limit that maximum movement range of this equipment can reach, around this equipment, do not place angular objects or other objects that may hurt people.
3. This device is not suitable for children. Please keep children away from this device when using it. Teenagers should also use the equipment under adult supervision. Children and pets should be kept away from the equipment. Do not leave unattended children alone in the room with fitness equipment.
4. Consult your physician or training coach before starting an exercise program. Proper warm-up exercise is the premise of your safe exercise. If you experience tachycardia, dizziness, nausea, chest pain or other uncomfortable feelings during exercise occurred, please stop training and contact and consult a doctor immediately. User depends on one's own physical and health and condition to exercise, weak or handicapped person subjected to the consent of the doctor and accompanied by the coach on the spot can use this equipment, people who has cardiovascular disease, hypertension, diabetes and other people with disease who is unsuitable for violent motion must have a proof of the hospital that is at or above the county level may use this equipment. This device is not intended to be used as a medical device.
5. Before each use, please carefully check whether each part of the equipment is loose and worn. If the parts with problems are found, you must replace them before using them, otherwise accidents will occur.

 **warning**

6. In order to prevent accidents, please make sure of all movable parts in this equipment. Do not loose or dismantle any part of the equipment to avoid damage. Do not touch any moving parts with your hands and feet during movement, and do not repair any tangled parts by yourself. When handling, moving or otherwise changing the position of the equipment, it should be handled with care, while keeping the equipment stable.
7. When exercising, you should wear pure cotton sportswear, do not wear robes or other clothes that are easy to get stuck by the machine. Chemical fiber clothing is easy to generate static electricity, which may cause damage to the machine. When exercising, you should choose light and comfortable sports shoes, and remember not to wear slippers, leather shoes, high heels or bare feet to avoid safety problems.
8. Control your own exercise intensity, adjust the breathing during exercise, do not hold your breath to do exercise.
9. Can only be used according to the provisions of this manual, can not use the similar instructions of other factories as the basis, can not use this equipment to do some functions which this equipment can not achieve.
10. If you have any problem in use and maintenance, please consult our company

Executive standard:

GB17498.1-2008

GB17498.2-2008

Resistance: Max limit of air
pressure equals to 100kg

Max weight of user: 150kg

Product Type: Class II

Dimension: 1700 x 1460 x 2180mm

Limited number of users: 1 person

N.W.: 85kg

Attention

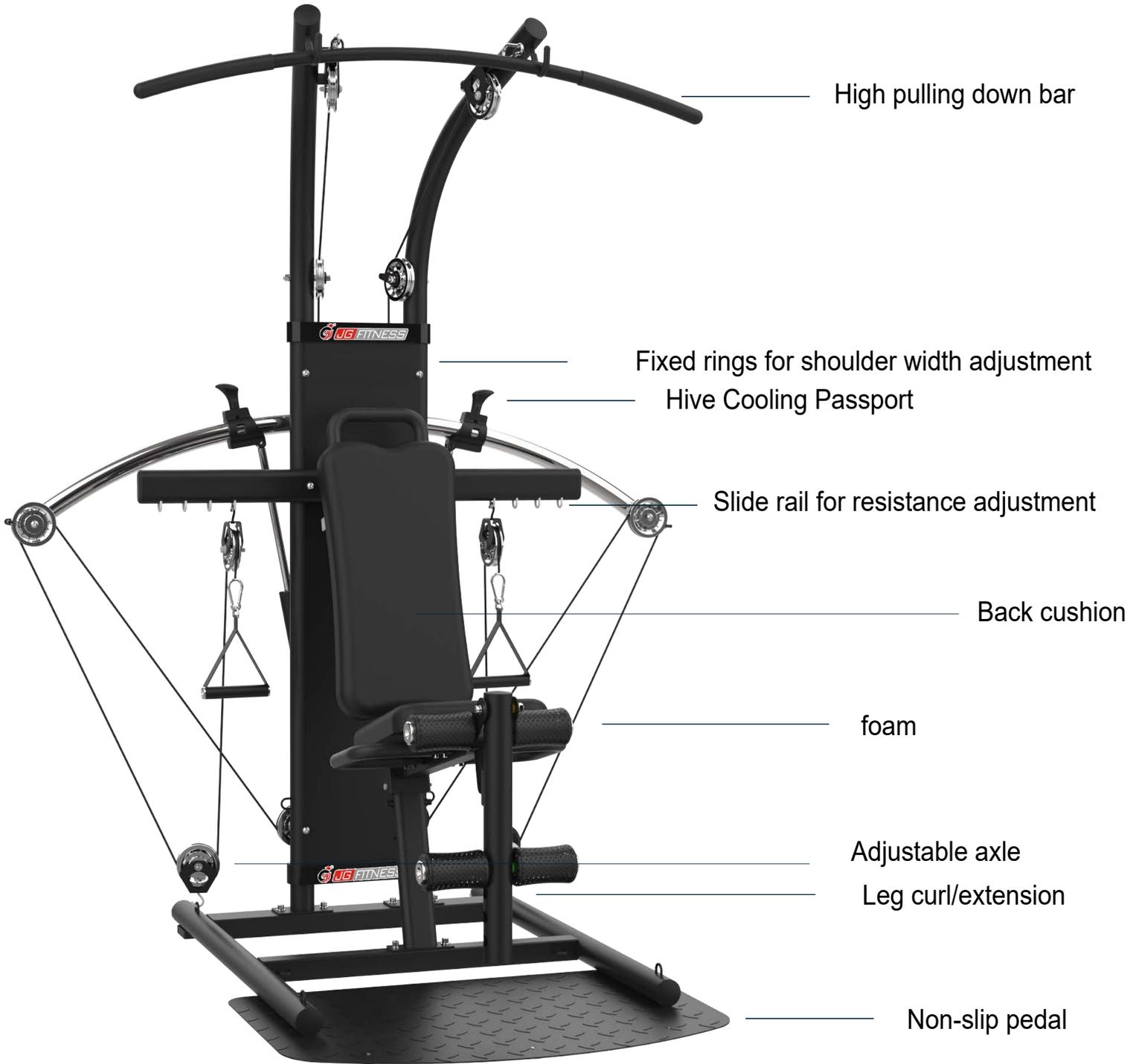
1. Warm-up - before the exercise need 5-10 minutes to warm up, such as marching on the spot, free movement, the purpose is to exercise each joint and muscle, so as not to get injured in the movement.
2. Diet - eat food with high protein , vegetables, fruits. Exercise can start 40 minutes after meals, not allow to eat until 30 minutes after you stop exercising, allow to drink a bit of water during exercising.
3. Breathing - exhale when you put forth your strength, inhale when you relax, exercise be cooperated with with breathing.
4. Frequency - take at least 48-hours rest if you train the same muscles.
5. Load - according to your physical conditions, choose the appropriate weight, so as not to overload, causing muscle strain. Training should follow the principle of evolution, feeling a bit pain is normal after you exercise for the first time.

Dailymaintenance

1. In order to ensure the safety of the equipment, regular maintenanceand regular inspection of wear and tear, such as wire rope, pulley, joints,etc.
2. Pay special attention to wearing parts
3. Replace damaged parts immediately or stop using them until they are vrepaired
4. maintenanceThe apparatus can be maintained daily according to the table below

maintenance	Every day	Once a week	Every three months
Check: joint, screw, cylinder, resistance adjustment	✓		
Cleaning: cushion, top cover, protective plate	✓		
Lubrication: Sliding parts Lubrication:			✓
Check: whether the screw is fixed	✓		
Lubrication: bearing parts, central shaft			✓

Product diagram

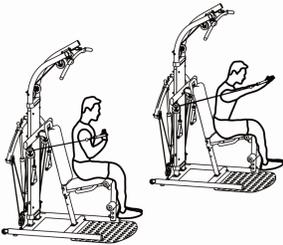


Product features

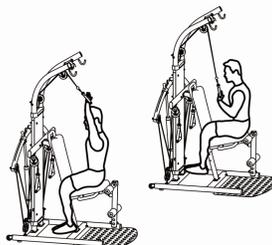
1. More than 100 training mode (see Training Guide)
2. Resistance range: 5-100kg (2.25kg interval)
3. The sliding grip is used to adjust the resistance, and the resistance on both sides can be adjusted separately according to the user's needs.
4. There are four hooks on both sides of the bracket near the seat end, at which pulley can be hooked so that you can get different training intensity.
5. Diversified training mode, the nylon foot harness foot can be installed for leg combination training.



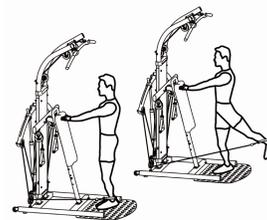
circulative training



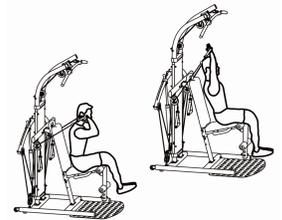
1. Chest press



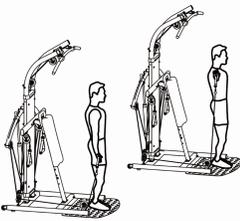
2. Lat pull down



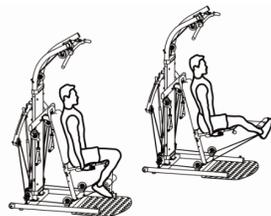
3. Rear leg curl



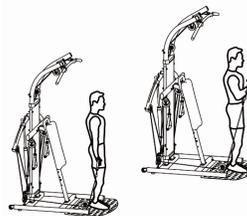
4. Sitting shoulder press



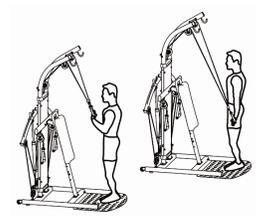
4. front leg lifts



5. Lateral shoulder raise



6. Biceps curl



7. Cable pulling down

The most economical comprehensive strength training machine

One QY001 satisfy all needs of fitness training, one QY001 is your private gym.

Professional

No matter standing, sitting, lying, leaning to your side, resistance conversion is achievable. Broad resistance from 0-100kg to meet different groups of people, women, beginners, fitness experts.

Training as will - not disturbing your neighbors again

Quiet without noise of crash of weight stacks, now worry about disturbing your neighbour.

Advantages

With weightless resistance. The seat is adjustable and easy to remove and reinstall as needed. Intensive adoption of cable cross training, max stretching up to 2 meters.



Specification:

Color: matte black

Pneumatic cylinder: Galvanized

N.W.: 85kg

Max weight of user: 140kg

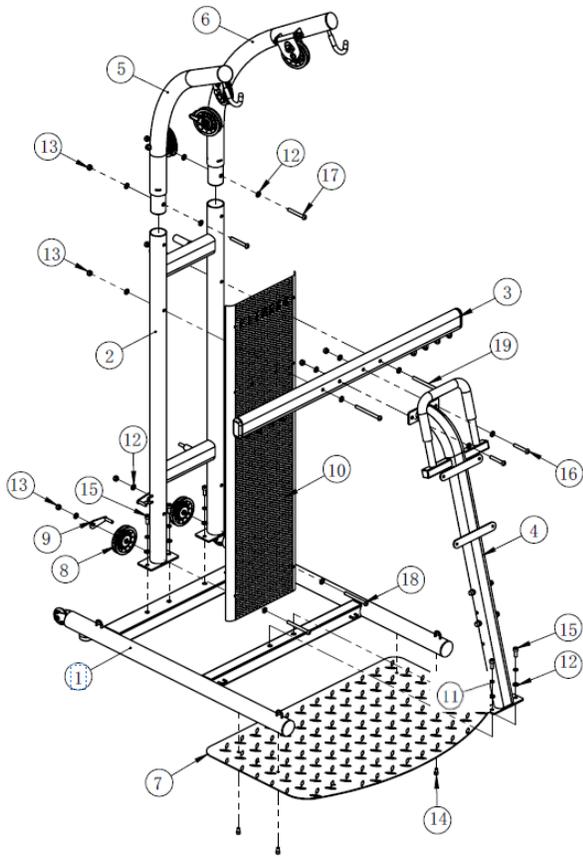
Dimension: 170x146x218cm

Floor space: 145x100x218cm

Packing size: 120x88x19cm (inside size)

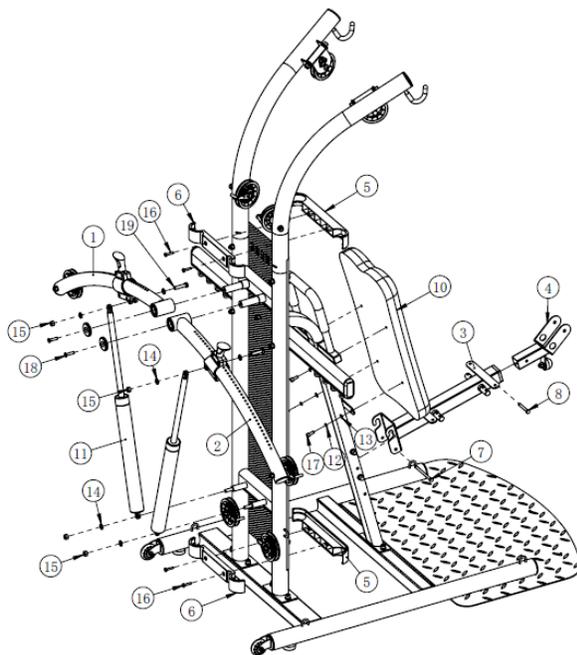
137x44x17cm(inside size)

Step 1 Assemble



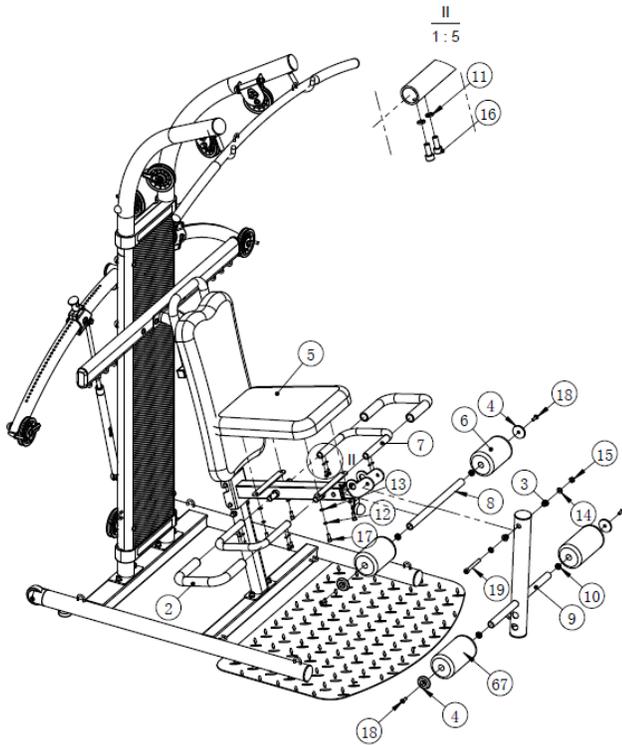
Item	Parts code	Parts name	Parts specification	Quantity
1	QY001-AC0100ASSY	Base frame module		1
2	QY001-AC0200ASSY	Main frame module		1
3	QY001-AC0300ASSY	Horizontal brace module		1
4	QY001-AC0400ASSY	Backrest module		1
5	QY001-AC0500ASSY	Left props module		1
6	QY001-AC0600ASSY	Right props module		1
7	QY001-FF0100ASSY	Base plate module		1
8	QY001-BB0300	105mm pulley	Φ105*25.5T	2
9	QY001-BB1600	Limit plate (large)	82.5*30*39	2
10	QY001-FF0200	Metal mesh	366*1300L*1.5T	1
11	GB9310■12	Spring washer	φ10	6
12	GB9510■2	The gasket	φ11*φ20*2	22
13	NM10■2	Nylon locking nut	M10	8
14	GB70M8*15■20	Hexagon socket cap screws	M8*15	4
15	GB70M10*25■20	Hexagon socket pan head screws	M10*25	6
16	PNLM10*65■20	Hexagon socket cap screws	M10*65	2
17	PNLM10*80■20	Hexagon socket pan head screws	M10*80	2
18	PNLM10*105■20	Hexagon socket pan head screws	M10*105	2
19	PNLM10*120■19	Hexagon socket pan head screws	M10*120	2

Step 2 Assemble



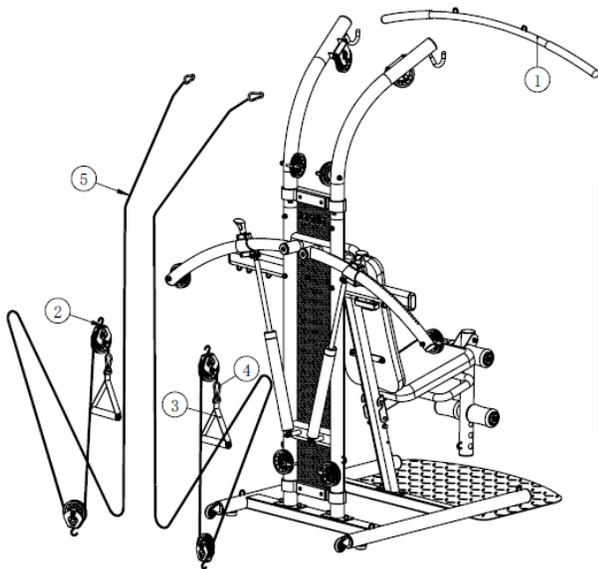
Item	Parts code	Parts name	Parts specification	Quantity
1	QY001-AD0200ASSY	Left movable arm module		1
2	QY001-AD0200-2ASSY	Right movable arm module		1
3	QY001-AG0100ASSY	Seat stand module		1
4	QY001-AH0100ASSY	Adjustable foam module		1
5	QY001-BB0100	Decorative front cover	366.5*50*38	2
6	QY001-BB0200	Decorative front cover	366.5*50*38	2
7	QY001-CC0300	Safety pin	Φ8*110L	1
8	QY001-CC0400	Safety pin	Φ8*60L	1
9	QY001-CC0600	P002 aluminum cover	Φ50*Φ10.5*10T	2
10	QY001-DD0100	Back cushion	332*656*60T	1
11	QTH50-800-980	Gas spring	Φ50*980L	2
12	GB938■12	Spring washer	φ8	4
13	GB958■2	The gasket	φ9*φ16*1.6	4
14	GB9510■2	The gasket	φ11*φ20*2	6
15	NM10■2	The nylon locking screw	M10	4
16	GB818M6*30■2	Cross recessed pan head screws	M6*30	4
17	GB70M8*20■20	Hexagon socket cap screws	M8*20	4
18	CNLM8*35■20	Hexagon socket countersunk head screws	M8*35	2
19	GB5781M10*45■20	Hexagon socket bolt	M10*45	2

Step 3 Assemble



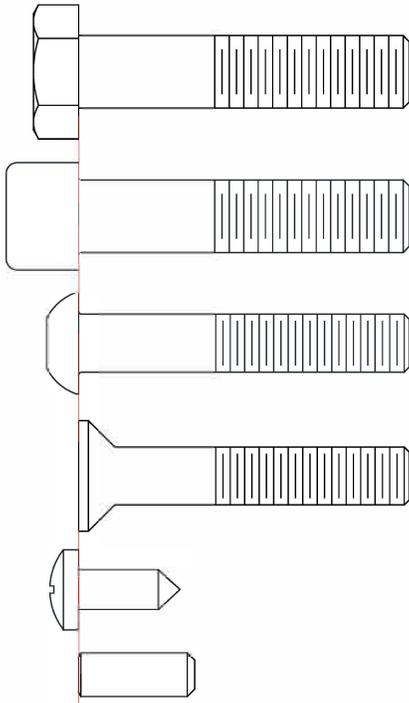
Item	Parts code	Parts name	Parts specification	Quantity
1	QY001-AH0200ASSY	Leg extension module		1
2	QY001-BB1200	sebific duct	Φ33*Φ25*481L	2
3	QY001-CC0100	Copper bush	Φ22*Φ10*15L	2
4	QY001-CC0500	End cover for 50mm shaft bracket plate	Φ50*Φ10.5*8T	4
5	QY001-DD0200	The cushion	360*450*60T	1
6	QY001-DD0300	small foam for 1612C	Φ100*150L	2
7	QY001-FF0500	Tube for seat handlebar	Φ25*2.5T*561L	2
8	QY001-FF0600	Long foam tube	Φ25*2.5T*378L	1
9	QY001-FF0700	Short foam tube	Φ25*2.5T*418L	1
10	TYH-25-M8	nut	φ25*M8	4
11	GB936■12	Spring washer	φ6	8
12	GB938■12	Spring washer	φ8	8
13	GB958■2	The gasket	φ9*φ16*1.6	8
14	GB9510■2	The gasket	φ11*φ20*2	30
15	NM10■2	The nylon lock screw	M10	13
16	GB70M6*15■20	Hexagon socket cap screws	M6*15	8
17	GB70M8*20■20	Hexagon socket cap screws	M8*20	8
18	CNLM8*25■20	Hexagon socket countersunk head screws	M8*25	4
19	GB70M10*90■20	Hexagon socket cap screws	M10*90	1
67	QY001-DD0400	Long foam	Φ100*180L	2

Step 4 Assemble



Item	Parts code	Parts name	Parts specification	Quantity
1	QY001-AD0100ASSY	High pulling down bar		1
2	QY001-FF0300ASSY	Hoisting pulley module		4
3	QY001-BB1000	Handlebar		2
4	HLG8DS2	Hoist hook	Φ8*80*40	4
5	GZS06-5250	Steel cable	Φ6*5250L	2

Fastener measurement



Outer hexagon screw

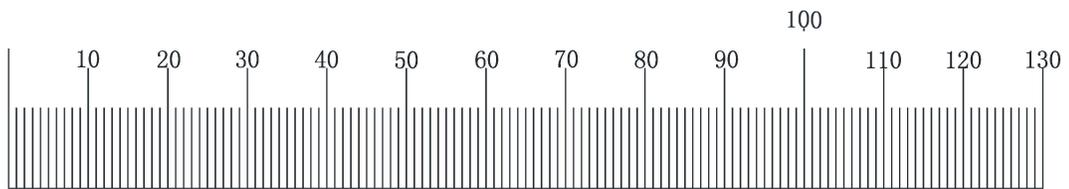
Inside hexagonal cylinder head screw

Inner hexagonal semicircular head screw

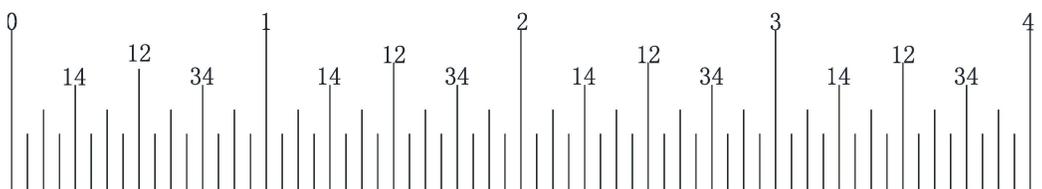
Internal hexagonal countersunk head screw

self tapping screw

Jack screw



MM



inches

TOOLS

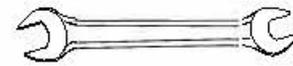
M6 hexagon wrench



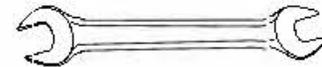
M8 hexagon wrench



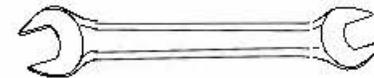
8-10 open end spanner



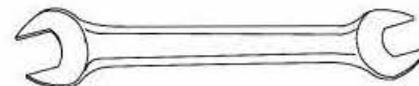
13-16 open end spanner



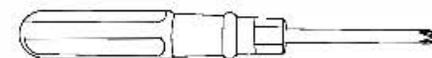
17-19 open end spanne



22-24 open end spanner



Cross screwdriver



Training guide

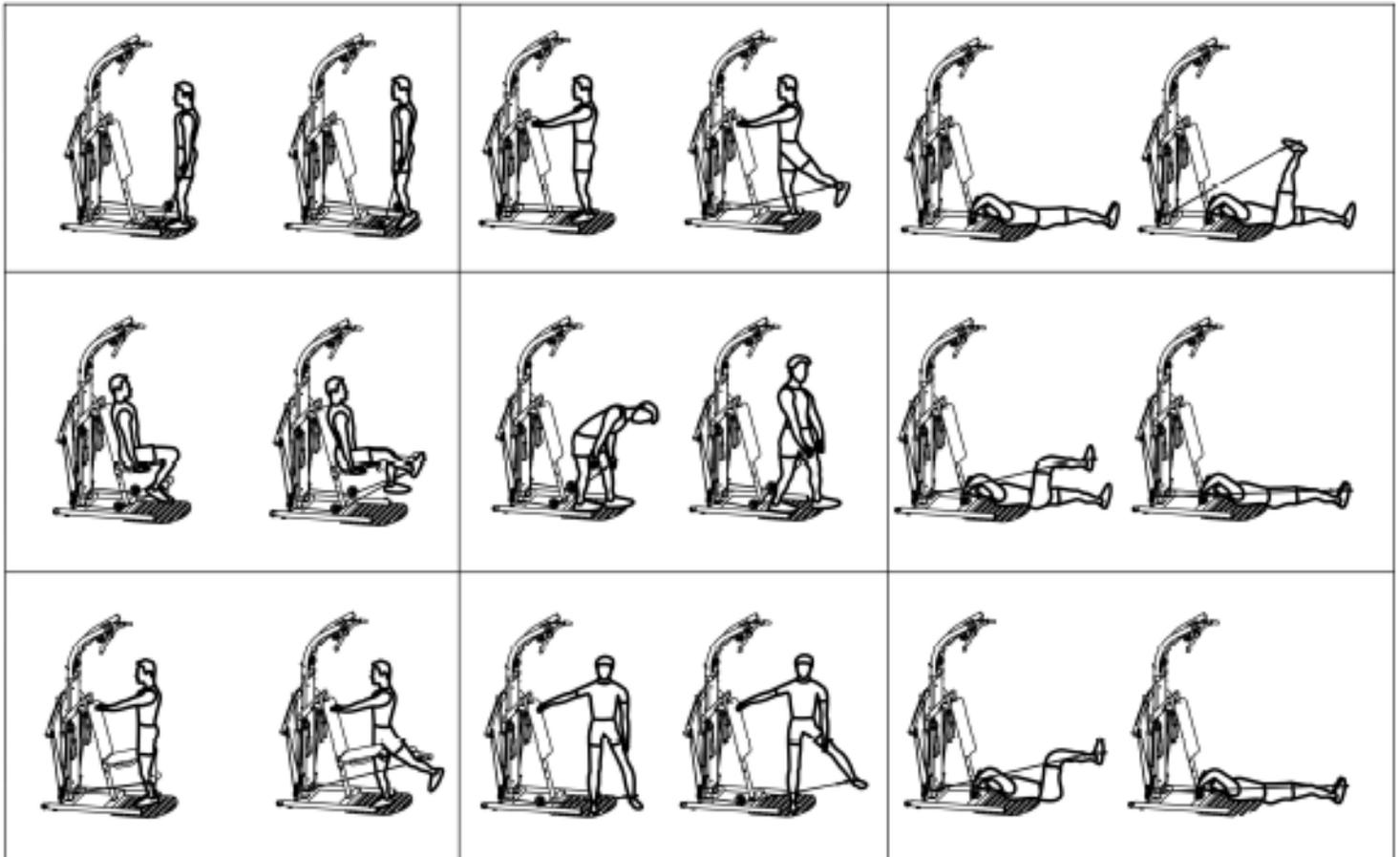
Exercise Movement

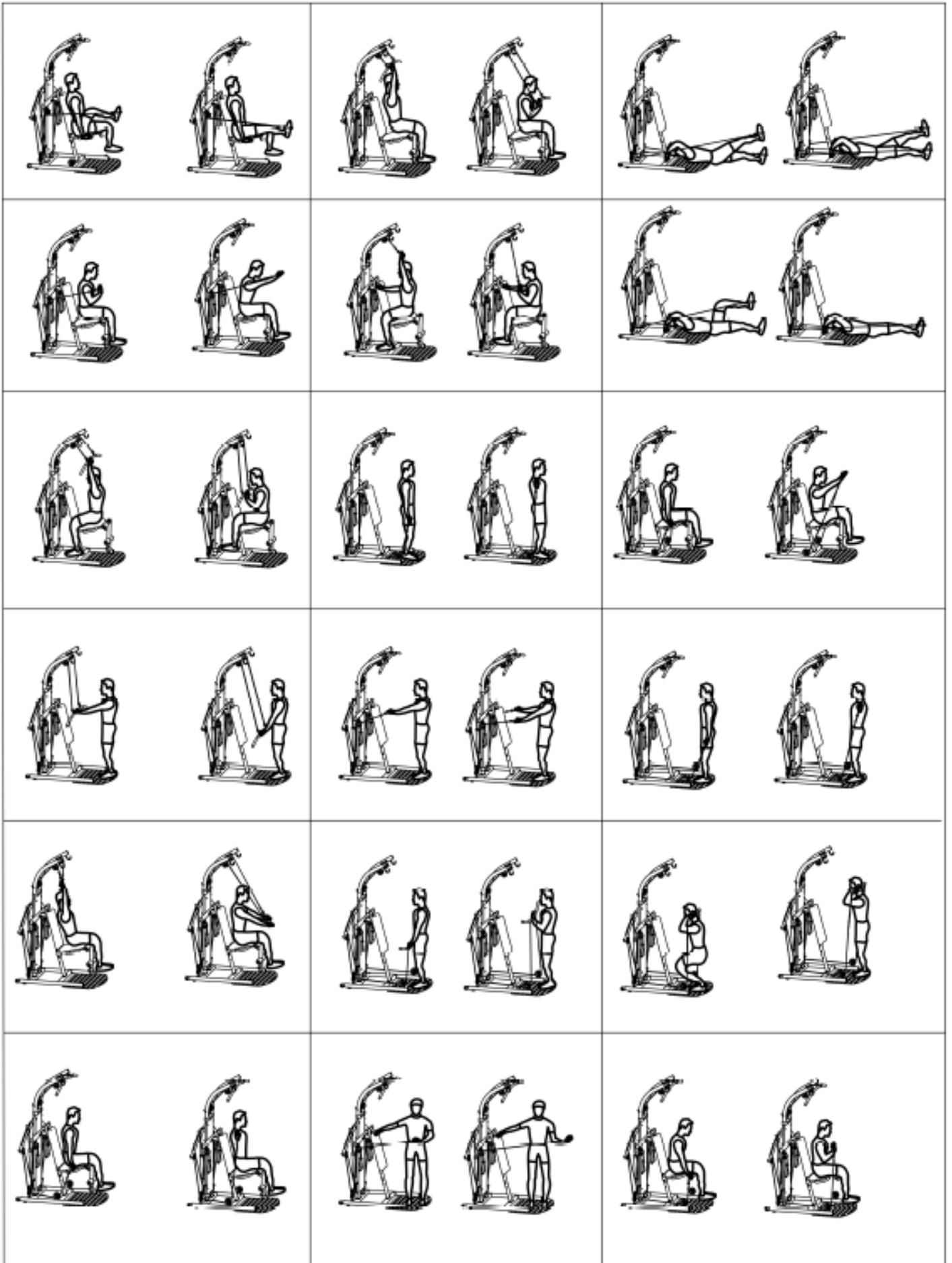
Under the movement,hold the upper handles by your hands to keep whole body extension exercise, and then repeat slowly.If you feel pain when you stop suddenly,consult the coach.

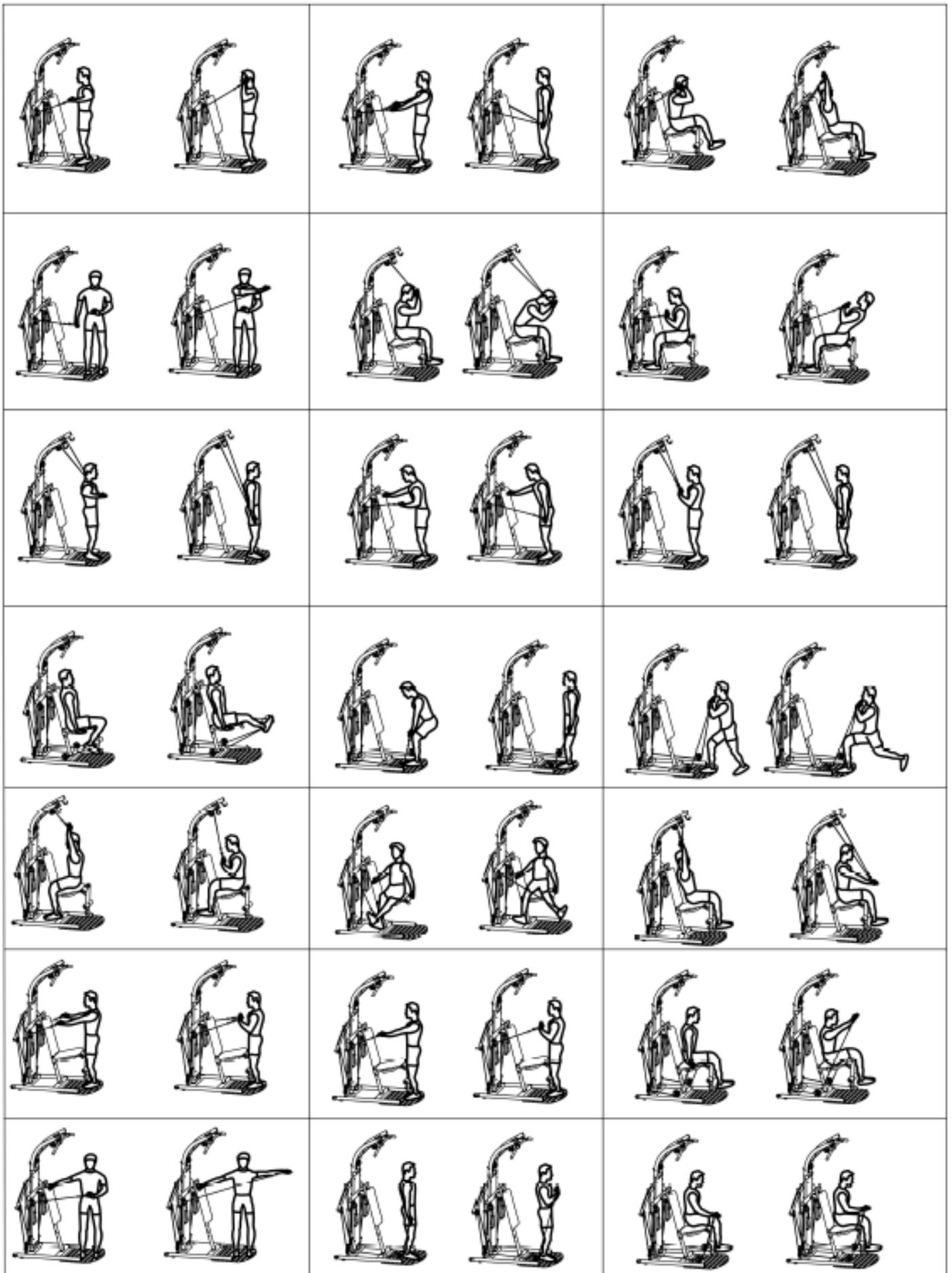
Body Position

Select proper weight according to your body burden;if unsure,please consult your coach.Sit on the pad,the feet step on the footplate, the legs bend smoothly. Hands hold the handles.

Train diagram







Warranty and Maintenance

一. Production instruction

1. If any quality problem occurs within 7 days from the date of purchase, customers are allowed to choose the way of return, replacement and maintenance; If any quality problem occurs within 7 days to 15 days after purchase, customers are allowed to choose replacement and maintenance methods.
2. Service mode. Products within the warranty period free maintenance, beyond the warranty period will be charged the corresponding spare parts fees and maintenance fees.
3. The following circumstances are not covered by the warranty
 - A. xceeded the warranty period.
 - B. Fail to provide valid invoice and cargo warranty certificate of the product (except for the situation that can prove that the product is within the warranty period), and the model is inconsistent with the invoice.
 - C. The installation and maintenance is not carried out by the personnel designated or authorized by the company.
 - D. The operating environment does not conform to the requirements of the product instruction manual or does not operate in accordance with the product instruction manual. The fault is caused by human factors (extrusion, impact, abrasion and scratch, abnormal power supply, liquid dust erosion).
 - E. The fault is caused by force majeure (natural disaster, fire, lightning strike, biological invasion, etc.).

4. Special note

- A. The above warranty terms only apply to the People's Republic of China within the scope of the mainland (excluding Hong Kong, Macao Special Administrative Region and Taiwan).
- B. During the purchase of the Products, if the Authorized Dealer makes other commitments beyond this warranty card to you, please ask for written proof from the Dealer to guarantee that the Dealer will be responsible for the additional commitments, and the Company will not be liable for such commitments.

